

**What Is Claimed Is:**

1. 1. A tension relieving apparatus for the arms and neck comprising in combination:
  2. a generally oblong shaped pillow having an exterior portion, an interior section and first and second ends with each of said ends respectively attached to said first and second connection members; and
  5. first and second resiliently tensioned arm supporting members each respectively attached to said first and second connection members.
1. 2. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second ends of the pillow are each respectively attached to said first and second connection members via stitches comprised of a nylon based compound.
1. 3. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second ends of the pillow are each respectively attached to said first and second connection members via cloth material stitches.
1. 4. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second ends of the pillow are each respectively attached to said first and second connection members via hook and loop type connectors.
1. 5. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second ends of the pillow are each respectively attached to said first and second connection members via a belt and buckle combination.

4       6. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second  
5           ends of the pillow are respectively attached to said first and second resiliently tensioned arm  
6           supporting members via an intermediary connecting device.

1       7. The tension relieving apparatus for the arms and neck of claim 1 wherein the first and second  
2           ends of the pillow are respectively attached to said first and second resiliently tensioned arm  
3           supporting members via a belt and buckle combination.

1       8. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the  
2           first and second resiliently tensioned arm supporting members is a latex based continuous  
3           loop structure capable of demonstrating the physical properties of elasticity.

1       9. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the  
2           first and second resiliently tensioned arm supporting members is comprised of an elastomeric  
3           material.

1       10. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the  
2           first and second resiliently tensioned arm supporting members is comprised of cloth and latex  
3           based composition.

1       11. The tension relieving apparatus for the arms and neck of claim 1 wherein at least one of the  
2           first and second resiliently tensioned arm supporting members is comprised of material

3                   which changes shape due to an applied load and recovers its original shape when the applied  
4                   load is removed.

1       12. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion  
2                   is at least partially filled with a foam based cushioning material.

1       13. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion  
2                   is at least partially filled with a down cushioning material.

1       14. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion  
2                   is at least partially filled with a cloth material.

1       15. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion  
2                   is at least partially filled with a vibrator.

1       16. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion  
2                   is at least partially filled with one or more cold packs.

1       17. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion  
2                   is at least partially filled with one or more heat packs.

1       18. The tension relieving apparatus for the arms and neck of claim 1 wherein the interior portion  
2                   is at least partially filled with a vibrator imparting heat.

1       19. The combination of claim 1 wherein each said pillow end includes at least two outwardly  
2                   projecting lobe portions.

1       20. The combination of claim 1 wherein the first and second ends are symmetric.

1       21. The combination of claim 1 wherein the first and second ends are identical.

1       22. A tension relieving apparatus for the arms and neck comprising in combination:  
2                   a generally oblong shaped pillow having an exterior portion with at least three  
3                   distinguishable exterior facing portions, an interior section and first and second ends with  
4                   each of said ends respectively attached to said first and second connection members and said  
5                   distinguishable exterior facing portions; and  
6                   first and second resiliently tensioned arm supporting members each respectively  
7                   attached to said first and second connection members.

1       23. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and  
2                   second ends of the pillow are each respectively attached to said first and second connection  
3                   members via stitches comprised of a nylon based compound.

1       24. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and  
2                  second ends of the pillow are each respectively attached to said first and second connection  
3                  members via cloth material stitches.

1       25. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and  
2                  second ends of the pillow are each respectively attached to said first and second connection  
3                  members via hook and loop type connectors.

1       26. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and  
2                  second ends of the pillow are each respectively attached to said first and second connection  
3                  members via a belt and buckle combination.

1       27. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and  
2                  second ends of the pillow are respectively attached to said first and second resiliently  
3                  tensioned arm supporting members via an intermediary connecting device.

1       28. The tension relieving apparatus for the arms and neck of claim 22 wherein the first and  
2                  second ends of the pillow are respectively attached to said first and second resiliently  
3                  tensioned arm supporting members via a belt and buckle combination.

1       29. The tension relieving apparatus for the arms and neck of claim 22 wherein at least one of the  
2                  first and second resiliently tensioned arm supporting members is a latex based continuous  
3                  loop structure capable of demonstrating the physical properties of elasticity.



- 1       36. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
- 2                  portion is at least partially filled with a vibrator.
  
- 1       37. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
- 2                  portion is at least partially filled with one or more cold packs.
  
- 1       38. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
- 2                  portion is at least partially filled with one or more heat packs.
  
- 1       39. The tension relieving apparatus for the arms and neck of claim 22 wherein the interior
- 2                  portion is at least partially filled with a vibrator imparting heat.
  
- 1       40. The combination of claim 22 wherein each said pillow end includes at least two outwardly
- 2                  projecting lobe portions.
  
- 1       41. The combination of claim 22 wherein the first and second ends are symmetric.
  
- 1       42. The combination of claim 22 wherein the first and second ends are identical.